

Figure 1a

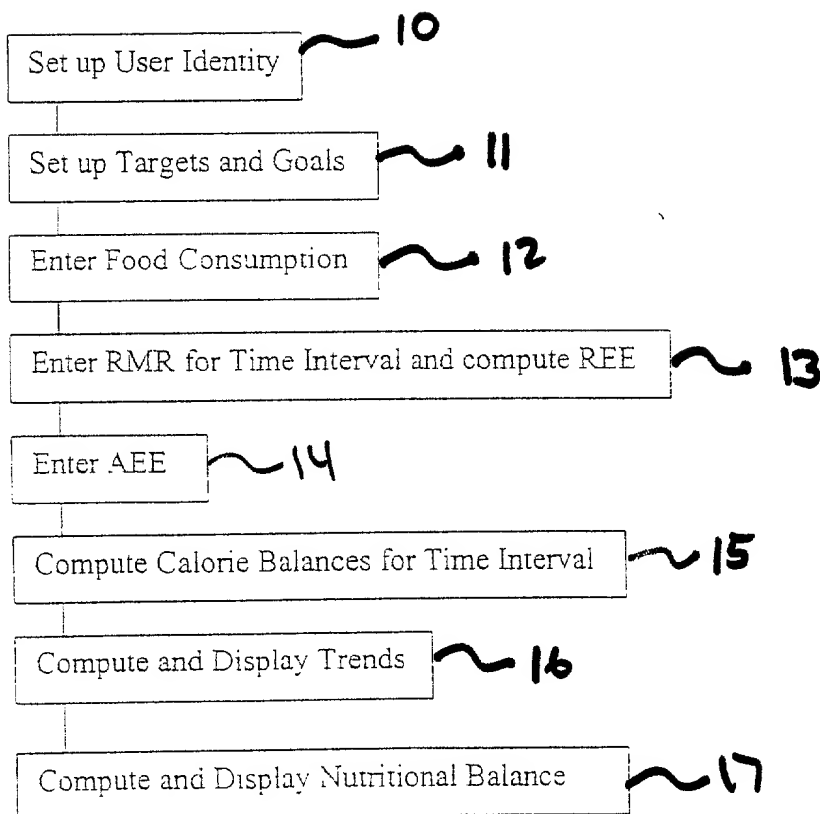


FIG. 1B

Fig. 2A

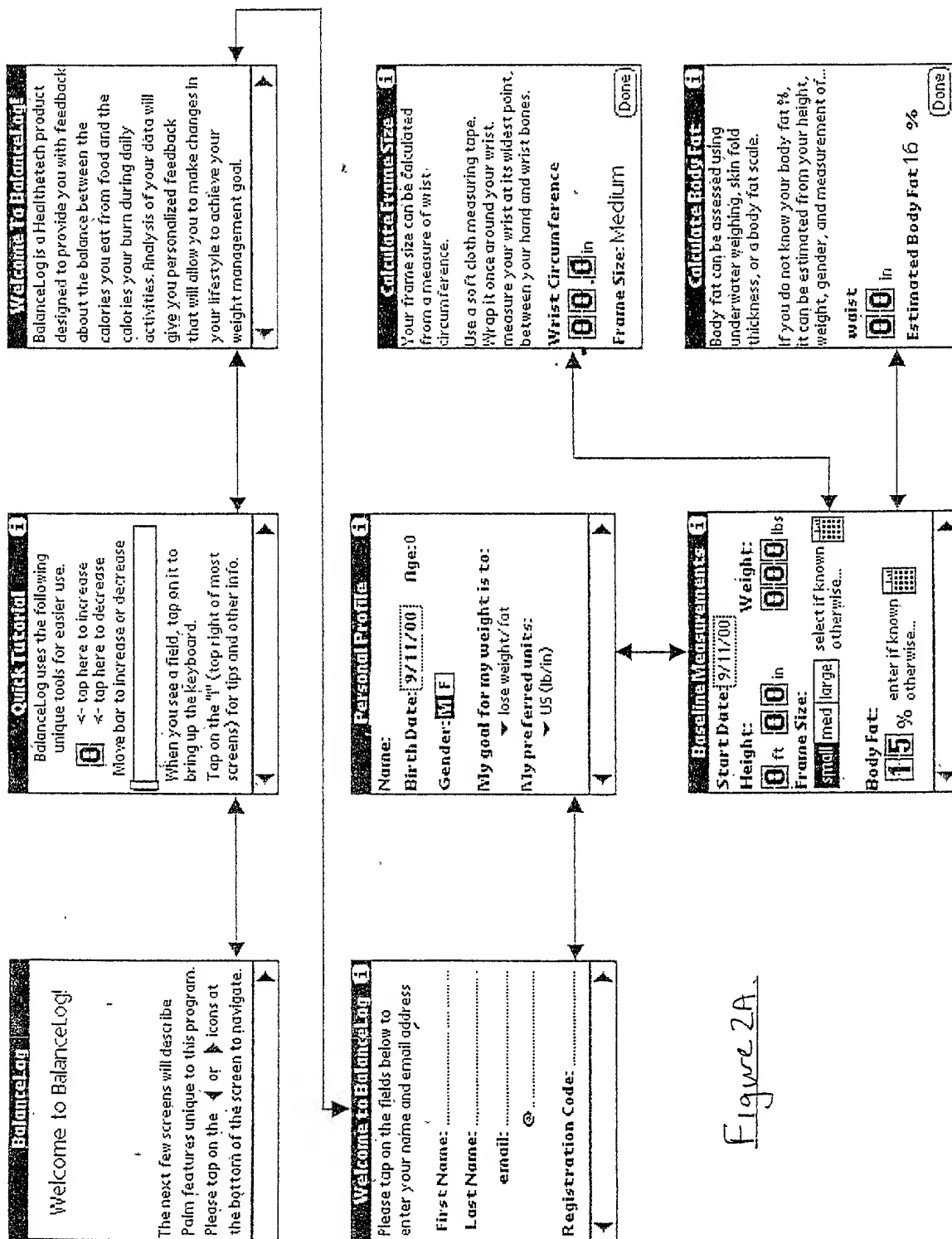


Figure 2A.

Fig. 2B

(A)

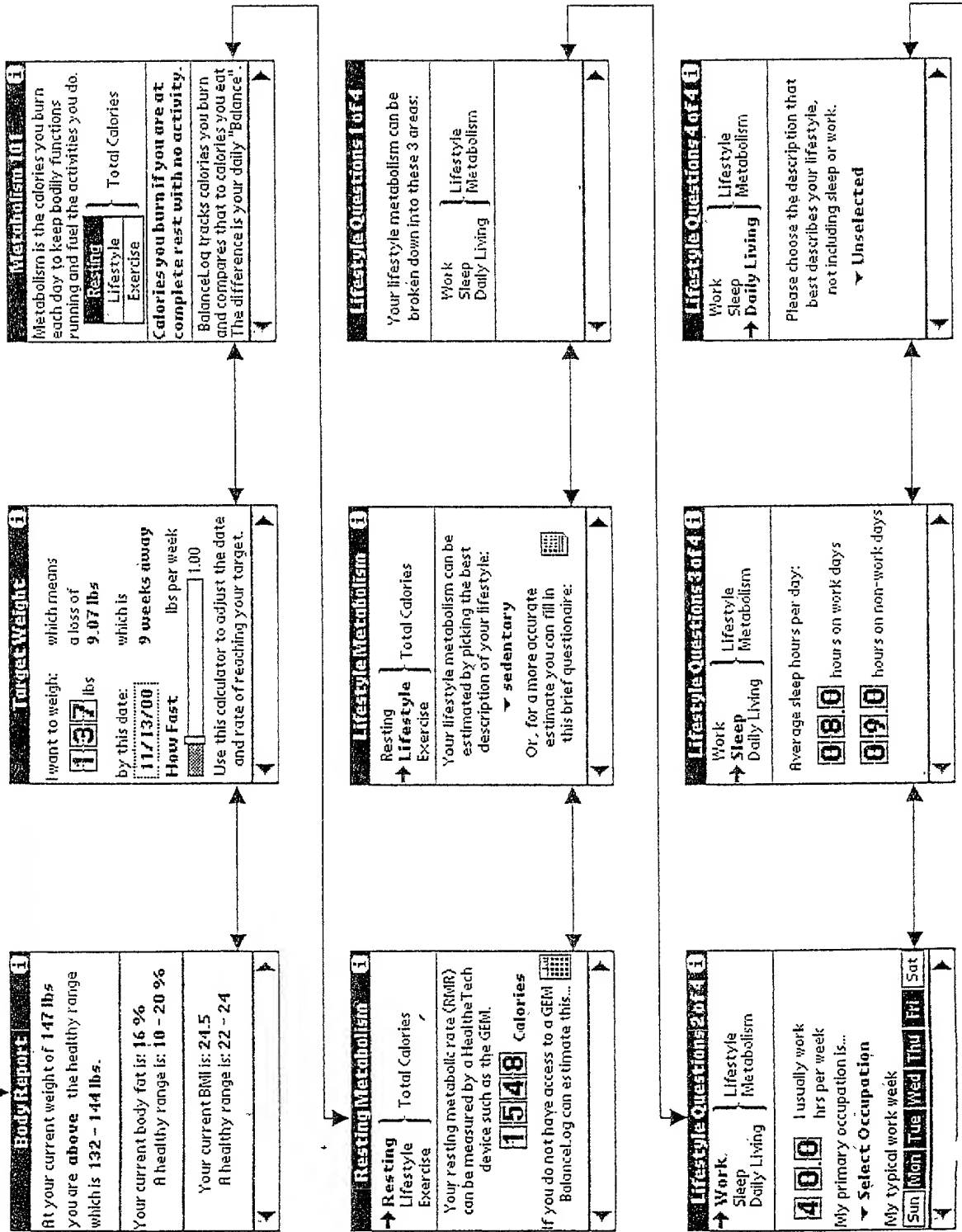


Fig. 2C

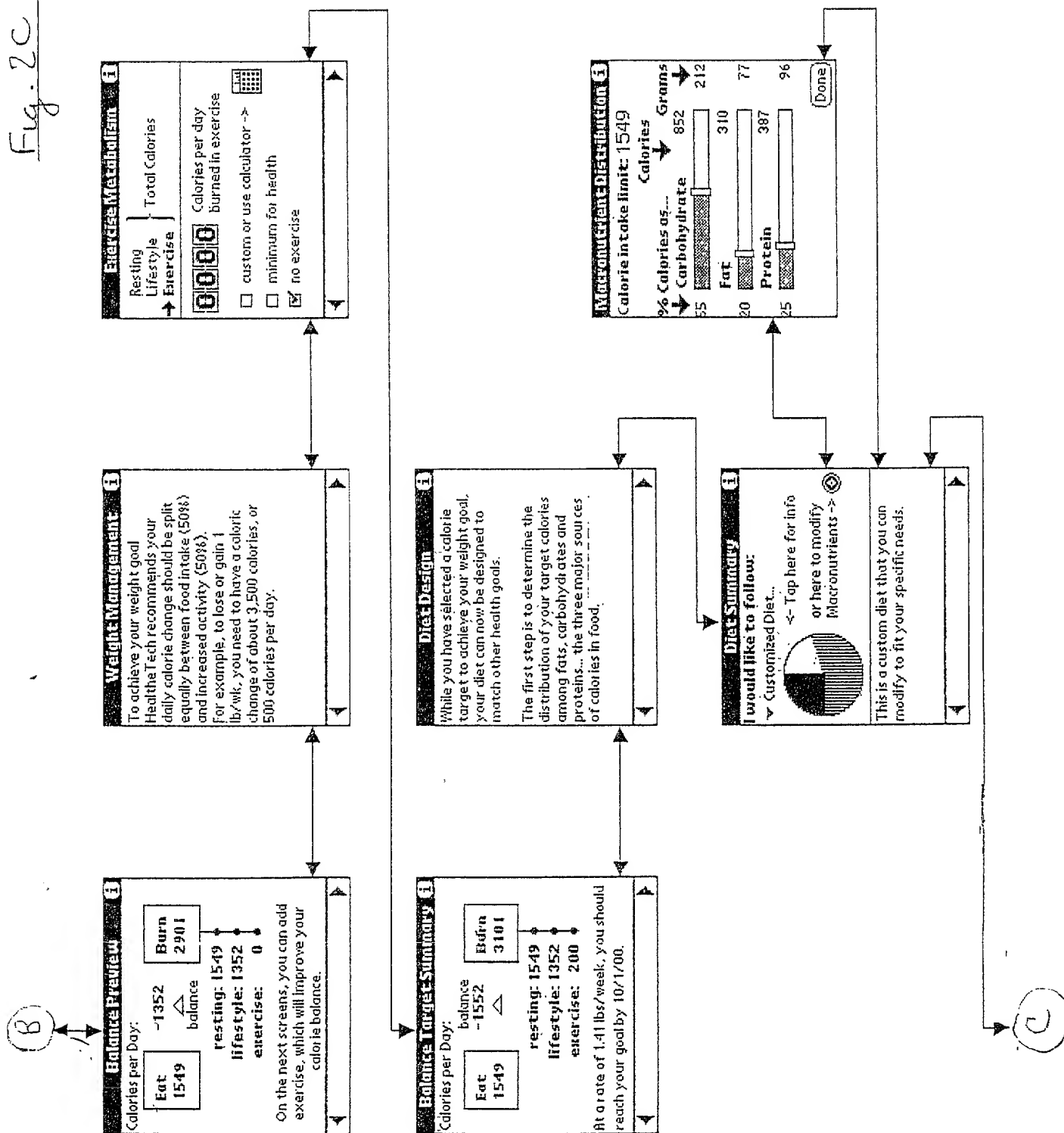
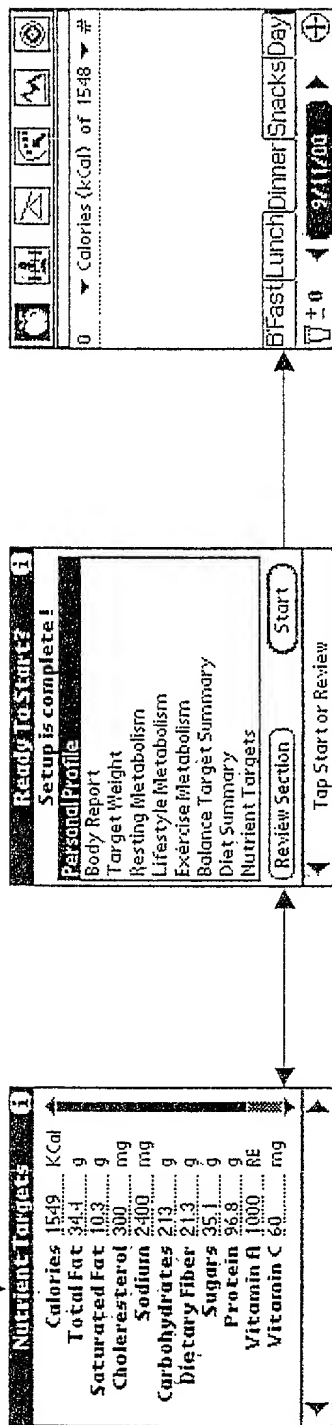


Fig. 2D



## Quick Tutorial Tips

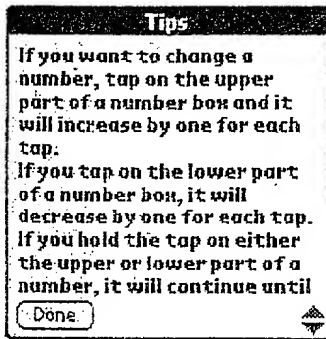


Fig. 3a

## Personal Profile Tips

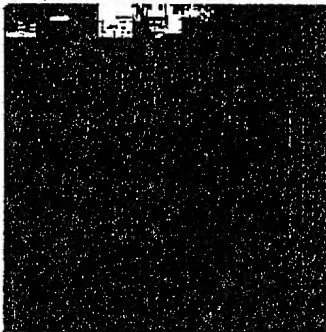


Fig. 3c.

## Calculate Frame Size Tips

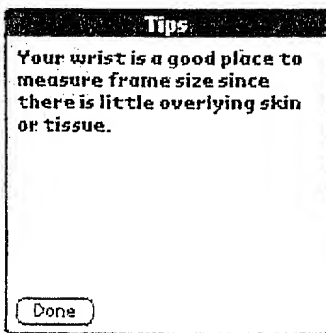


Fig. 3e.

## Body Report Tips



Fig. 3g

## Welcome To BalanceLog Tips

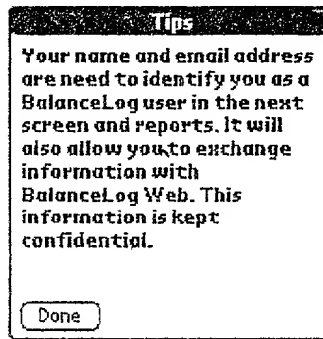


Fig 3b

## Baseline Measurements Tip

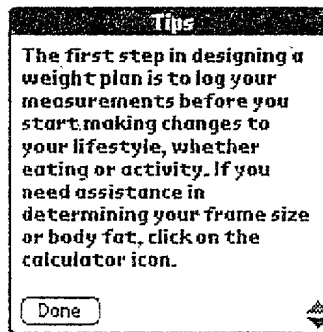


Fig. 3d.

## Calculate Body Fat Tips

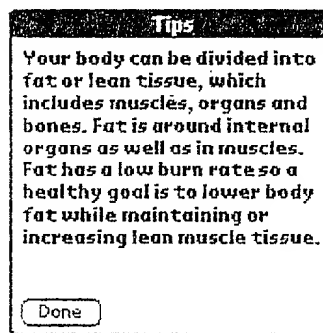


Fig. 3f

## Target Weight Tips

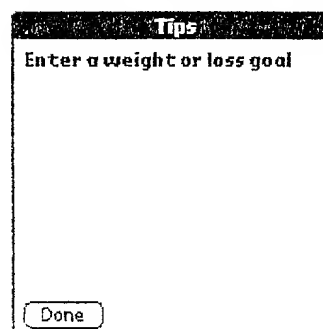


Fig. 3h

## BalanceLog Targets

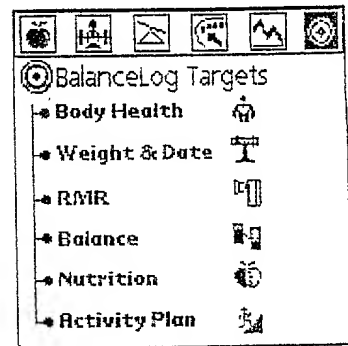


Fig. 3i

## Balance Target

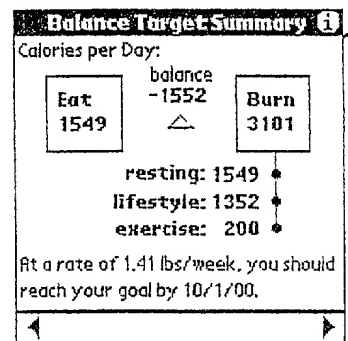


Fig 3j

## Nutrition Targets

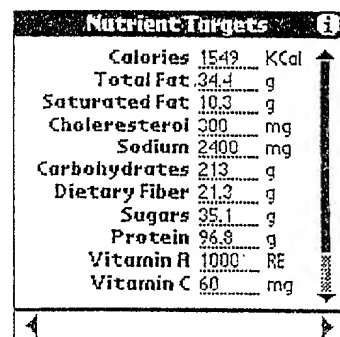


Fig 3k

## Activity Plan Target

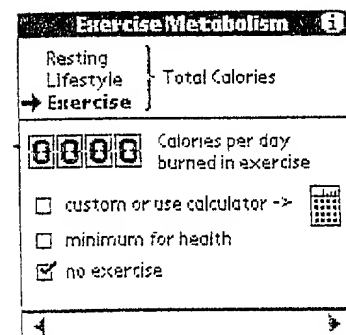


Fig. 3l

# RMR Targets RMR Tips

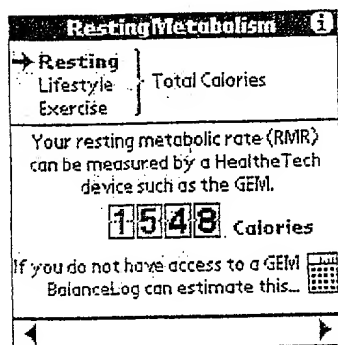


Fig. 4a

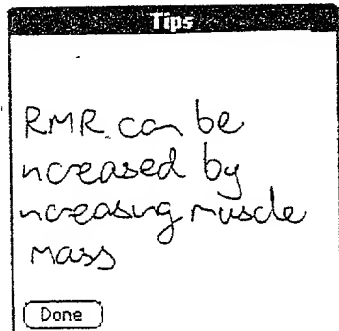


Fig. 4b

# Balance Log Reports

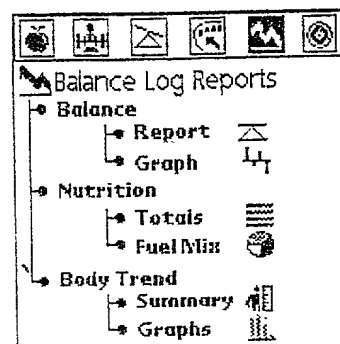


Fig. 8A

# Balance Report

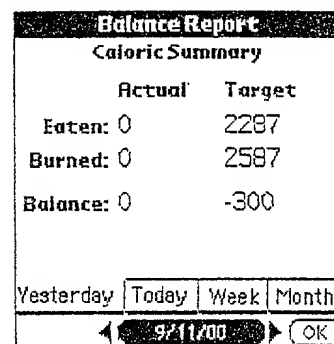


Fig. 8B

# Food Entry Screen

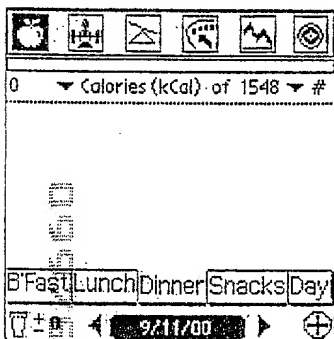


Fig. 5a

# Food Database Screen

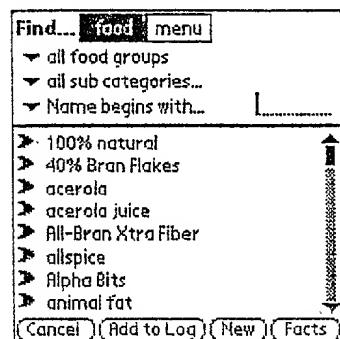


Fig. 5b

# Nutrient Totals

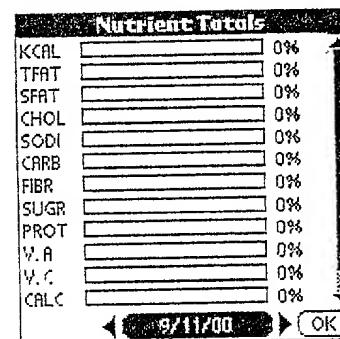


Fig. 8C

# Body Trend Graph

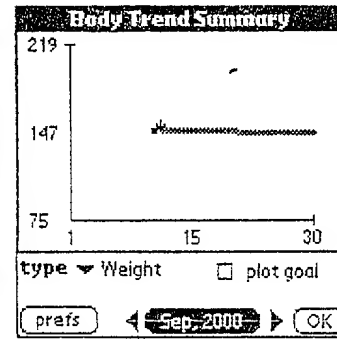


Fig. 8D

# Exercise Entry Screen

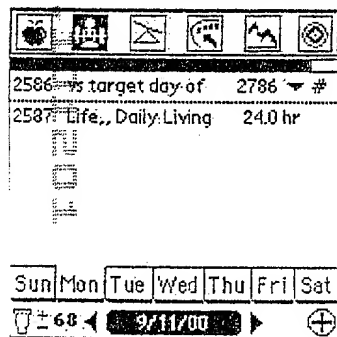


Fig. 6a

# Exercise Database Screen

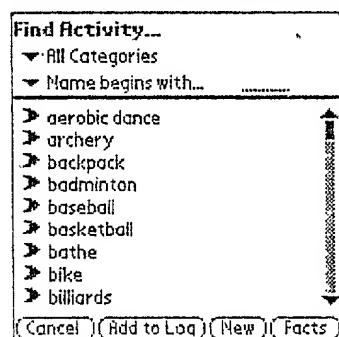


Fig. 6b

# Daily Balance Screen

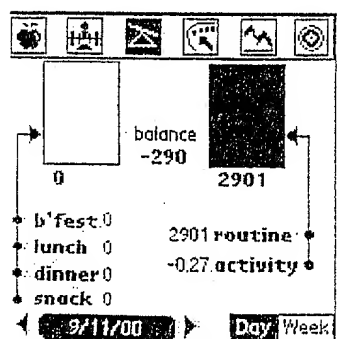


Fig. 7a

# Weekly Balance Screen

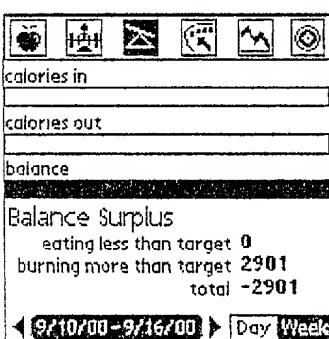


Fig. 7b

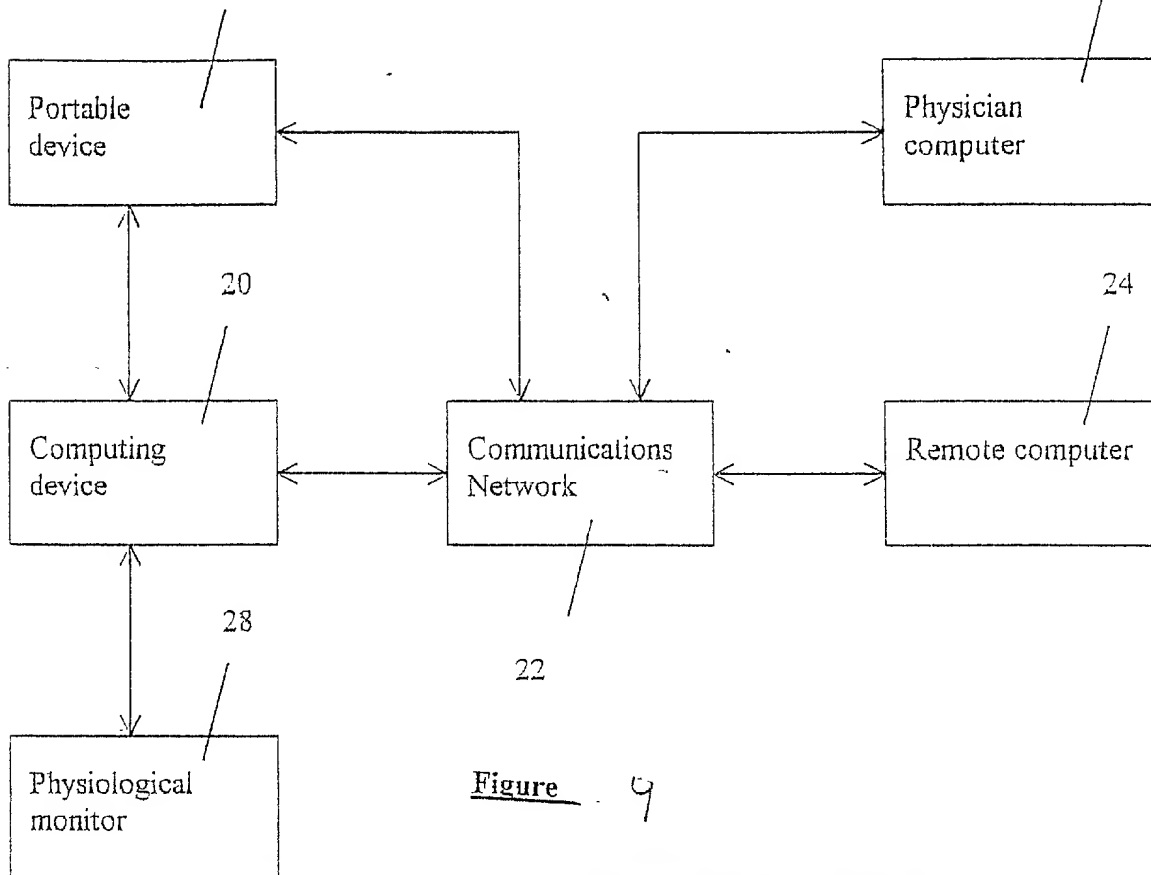


Figure 9

**NEW USER SET UP**

**Step 1 - Identity**

Please provide your name, password, and e-mail address.

Name:

Password:

Email:

Figure 10a

**NEW USER SET UP**

**Step 2 - Personal Information**

Please select your birthdate, gender, and height below.

Birthdate:

Gender: ☒ Male ☐ Female

Units: ☐ English Units (Feet, Pounds, Gallons) ☒ Metric Units (Meters, Kilograms, Liters)

Height:  Feet  Inches

Figure 10b



**NEW USER SETUP**

### Step 7 - Weight Goals

**Weight Goal**

☒ Lose Weight **213** **lb**

☐ Maintain Weight

**Goal Method**

☒ LBM **2.0** **calories**

☐ BMR

**Body Report**

Current Weight: 250  
 Healthy Weight: 213  
 Current Body Fat: 35%  
 Healthy Body Fat: 12%  
 Current BMI: 25  
 Healthy BMI: 20

\*Healthy is 0-5

**Cancel** **<Back** **Next>**

Figure 11

**NEW USER SETUP**

### Step 8 - Metabolism

**Metabolism**

☒ Basal Metabolism (BMR)

☐ Total Metabolism (TMR)

**Total Metabolism**

2230 Resting Metabolism  
 598 Lifestyle Metabolism  
 443 Work Metabolism  
 3361 Total Metabolism

**Body Report**

Current Weight: 250  
 Healthy Weight: 213  
 Current Body Fat: 35%  
 Healthy Body Fat: 12%  
 Current BMI: 25  
 Healthy BMI: 20

\*Healthy is 0-5

**Cancel** **<Back** **Next>**

Figure 12

**NEW USER SETUP**

### Step 9 - Activities

**Activity Setup**

☒ No Activity (Sedentary)

☐ Moderate Activity (30-60 min/day)

☐ Vigorous Activity (60+ min/day)

**Balance**

3623 Calories Out  
 2357 Calories In  
 1004 Balance

**Body Report**

Current Weight: 250  
 Healthy Weight: 213  
 Current Body Fat: 35%  
 Healthy Body Fat: 12%  
 Current BMI: 25  
 Healthy BMI: 20

\*Healthy is 0-5

**Cancel** **<Back** **Next>**

Figure 13

FOOTNOTES 2969/550

FIG. 14

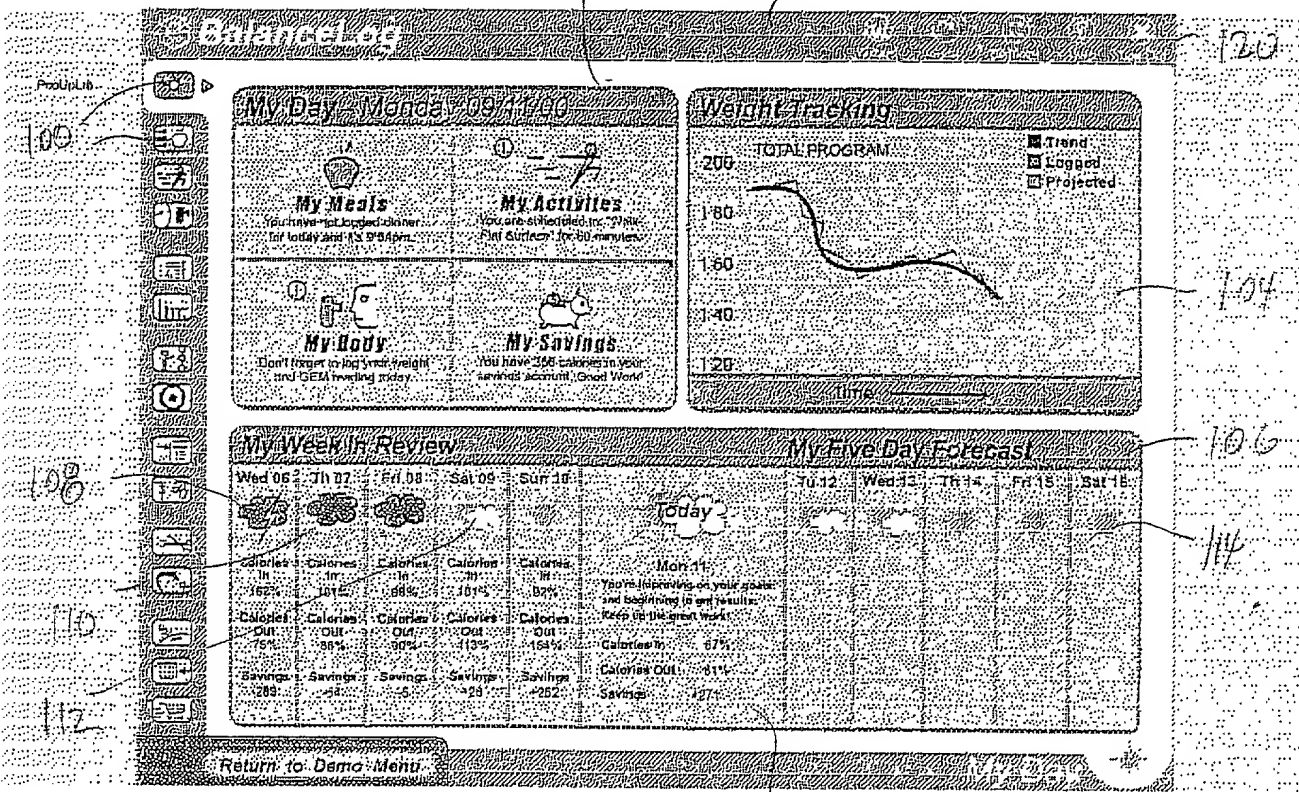


Fig. 14

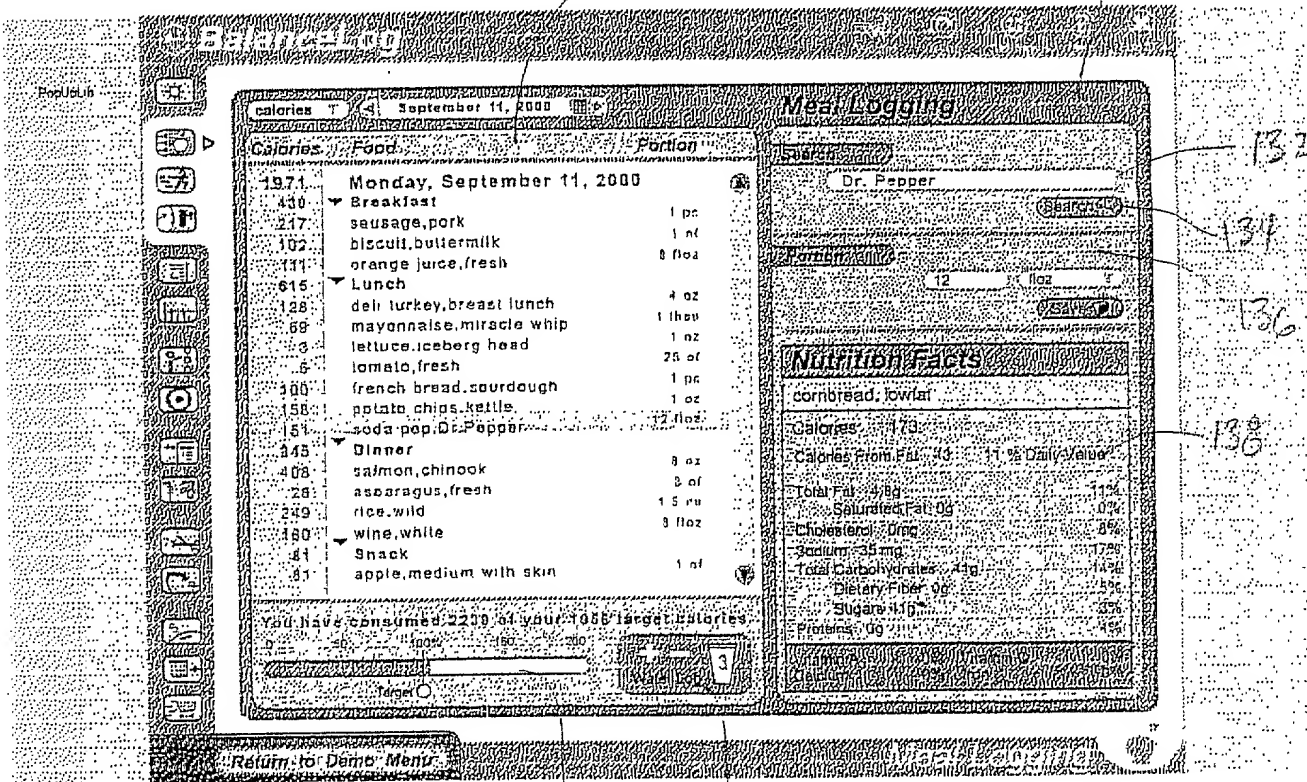


Fig. 15

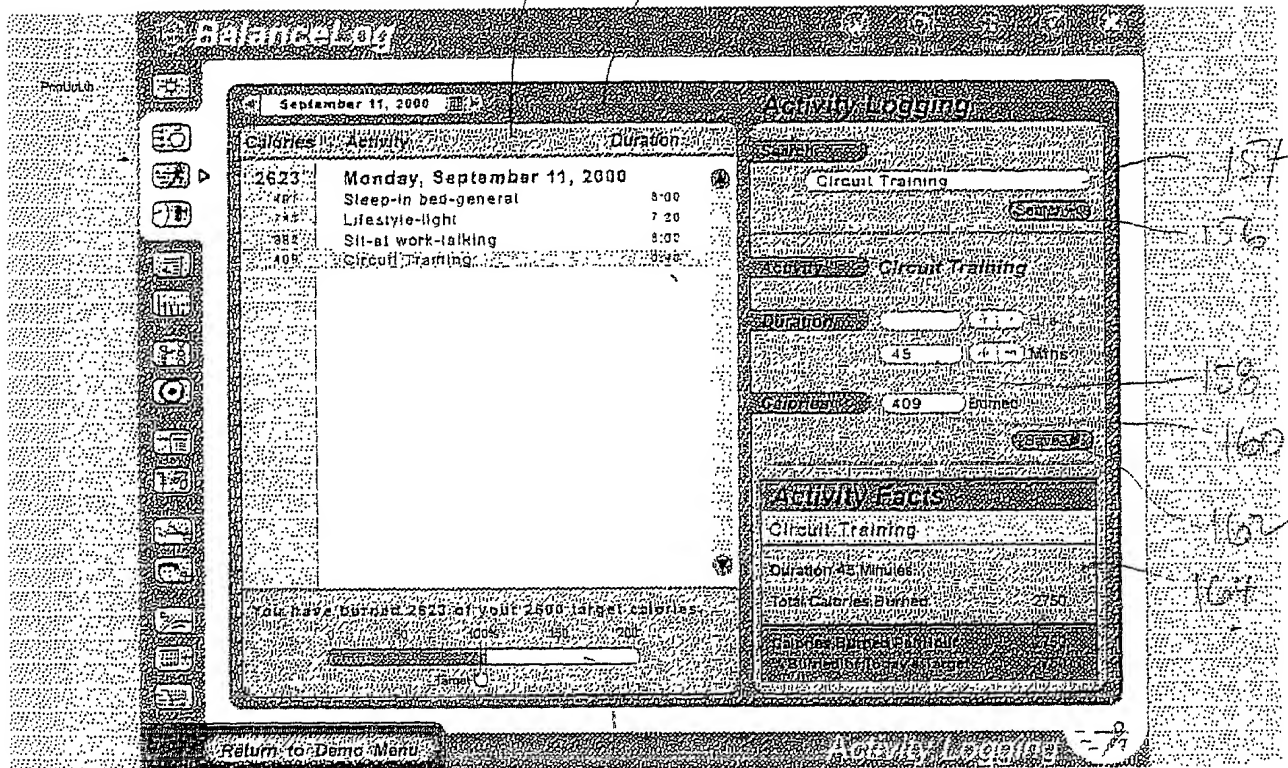


Fig. 15

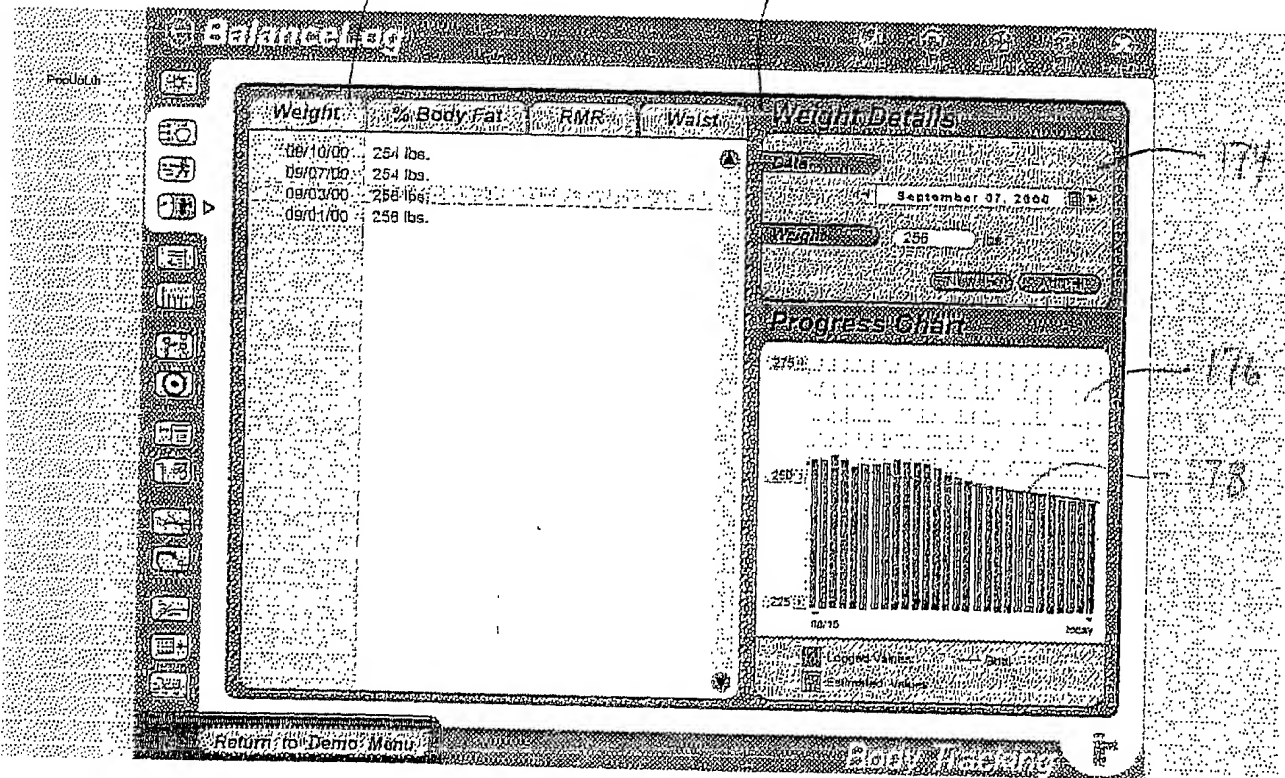


Fig. 17

00976967 101301

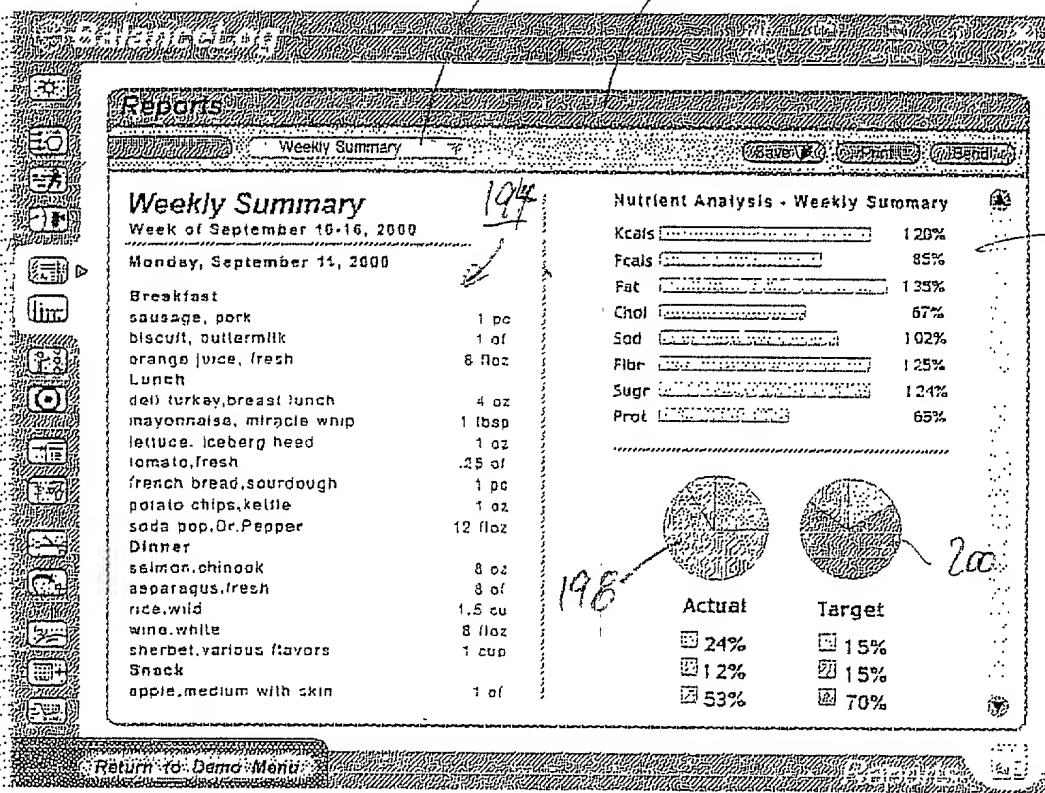


Fig. 18

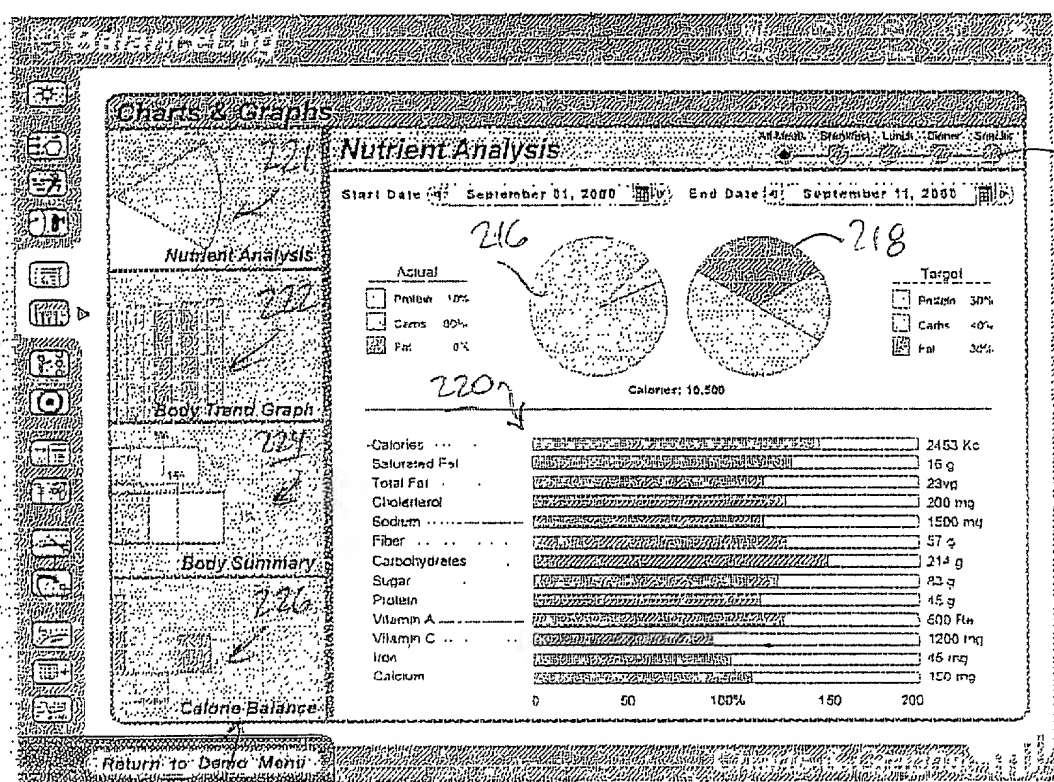


Fig. 19A



FOOTPRINT 79697660

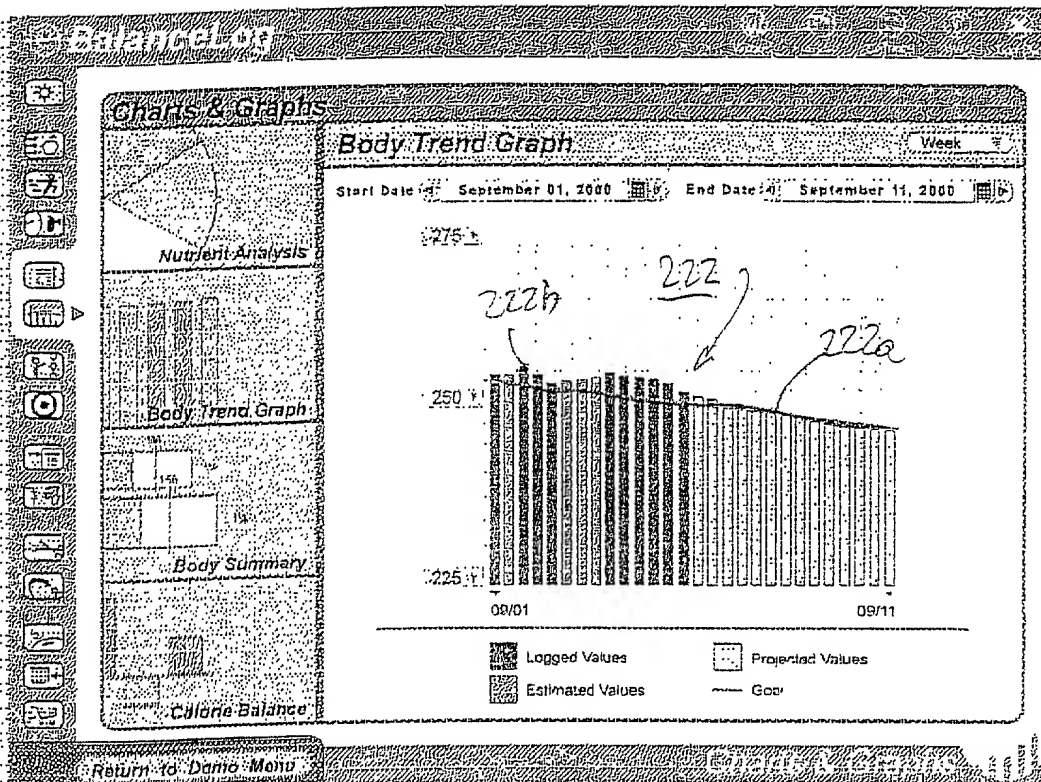


Figure 19B

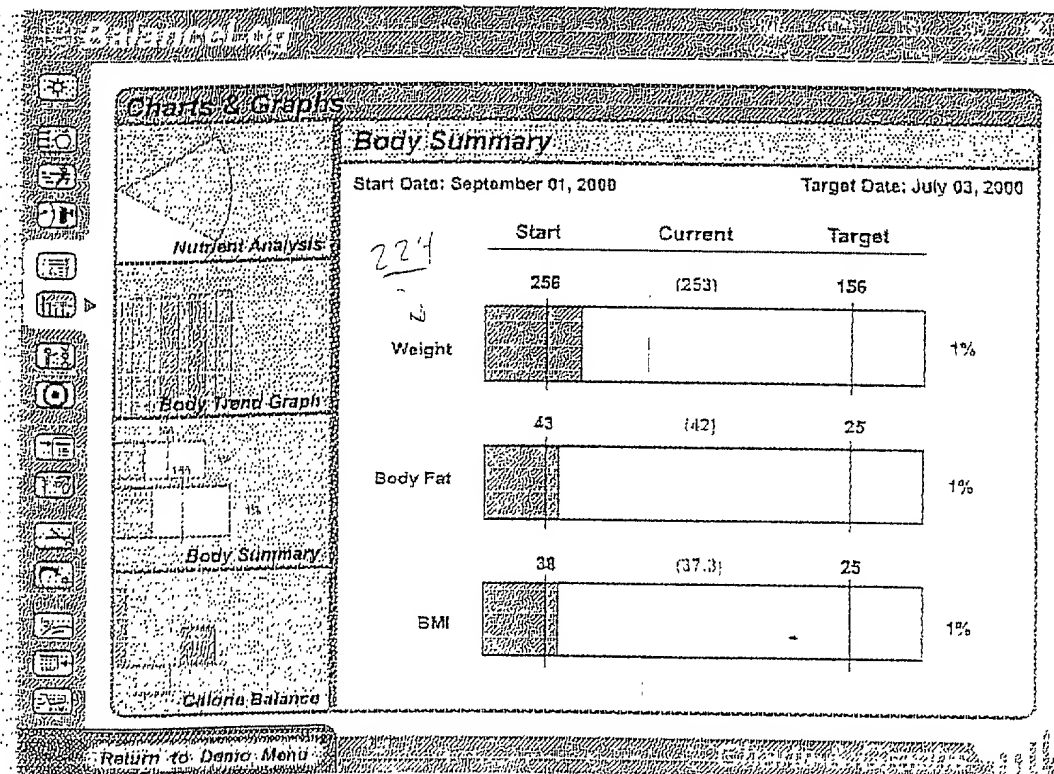


Figure 19C

102TOT 2959660

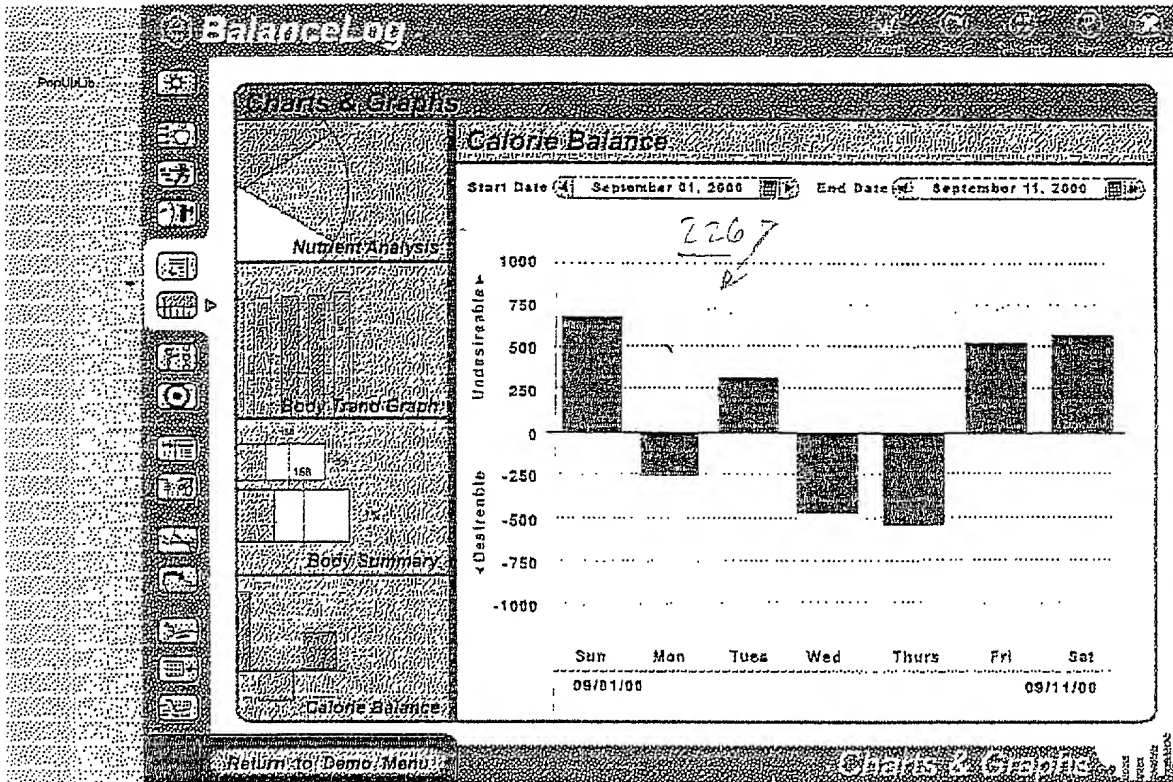


Fig. 19D

BalanceLog

Identity

Name: Edna

Last: Husker

First Initial: C

Phone Number: 408-555-1234

E-Mail: ehusker@hotmail.com

Starting Measures

Start Date: September 01, 2000

Height: 5'6" Medium

Weight: 258 Pounds

Body Fat: 45

Calculate for me

Personal Information

DOB: March 03, 1953

Gender: Female

Pregnant: No

Smoking: No

Drinking: No

Height: 5'6" Weight: 258 Pounds

Lifestyle

Activity Level: Light Activity

Work: Work outside the home

Typical Hours Per Week: 40

Sleep: 7 hrs. on work days

Sleep: 9 hrs. on days off

Job Title: Legal Secretary

Return to Demo Menu

Profile

Section	Field	Value
Identity	Name	Edna
	Last	Husker
	First Initial	C
	Phone Number	408-555-1234
	E-Mail	ehusker@hotmail.com
Starting Measures	Start Date	September 01, 2000
	Height	5'6" Medium
	Weight	258 Pounds
	Body Fat	45
Personal Information	DOB	March 03, 1953
	Gender	Female
	Pregnant	No
	Smoking	No
	Drinking	No
	Height/Weight	5'6" / 258 Pounds
Lifestyle	Activity Level	Light Activity
	Work	Work outside the home
	Typical Hours Per Week	40
	Sleep	7 hrs. on work days

234

Fig. 19E

236

240

## BalanceLog

### Health Goals

**Program:**

- ☒ Lose Weight
- ☐ Gain Weight
- ☐ Maintain Weight

**Other Goals:**

- ☐ Lower Blood Pressure
- ☐ Lower Cholesterol
- ☐ Manage Diabetes
- ☐ General Conditioning
- ☐ Disease Prevention

**Weight Goal:**

- ☒ I want to weigh:  lbs
- ☐ I want to lose:  lbs

**Goal Method:**

- ☒ Lose:  lbs/week
- ☐ Goal:

### Metabolic Target

**Metabolism:**

- ☒ I have a resting metabolism from my GEM. It is:
- ☐ I don't know my resting metabolism. I don't have a GEM. Please estimate it.

**Activity:**

- ☒ I would like to set an activity target:

Activity Target:  Cal/week

Est. Rest:  vs.  BMR:  More

- ☐ I do not wish to set an activity target.

### Diet Plan

**Diet Choice:** American Heart

**Macronutrients:**

- ☒ Protein: 50%
- ☒ Carbs: 20%
- ☒ Fat: 30%

### Nutrient Targets

Calories	<input type="text" value="1956"/>
Total Fat	<input type="text" value="26"/> g
Saturated Fat	<input type="text" value="9"/> g
Cholesterol	<input type="text" value="300"/> mg
Sodium	<input type="text" value="2400"/> mg
Total Carbohydrates	<input type="text" value="314"/> g
Dietary Fiber	<input type="text" value="24"/> g
Sugars	<input type="text" value="32"/> g
Proteins	<input type="text" value="117"/> g
Vitamin A	<input type="text" value="500"/> RE
Vitamin C	<input type="text" value="500"/> mg
Calcium	<input type="text" value="500"/> mg
Iron	<input type="text" value="500"/> mg

Return to Demo Menu

244

Figure 19F

252

## BalanceLog

**Calories:**

**Food:**

Calories	Food	Portion
726	Ck. Caesar, Cornbread	1.5 oz
396	salad bar, ceasar salad	3.5 oz
157	turkey, breast, no skin, roast	3.5 oz
1173	cornbread, lowfat	1.5 oz

### Meal Logging

**Meal:**

**Portion:**  oz

### Nutrition Facts

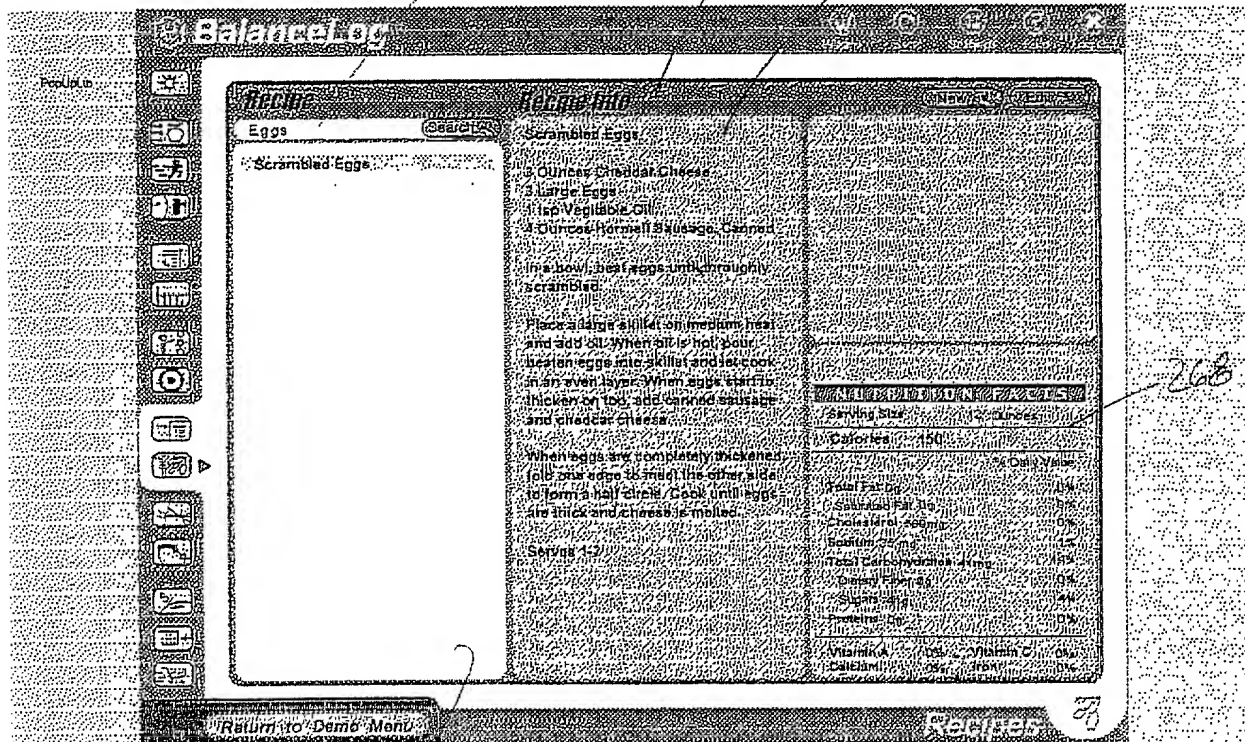
cornbread, lowfat

Calories	1173
Calories from fat	45
Total Fat	1.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	45mg
Total Carbohydrates	1.5g
Dietary Fiber	0g
Sugars	41g
Protein	20g

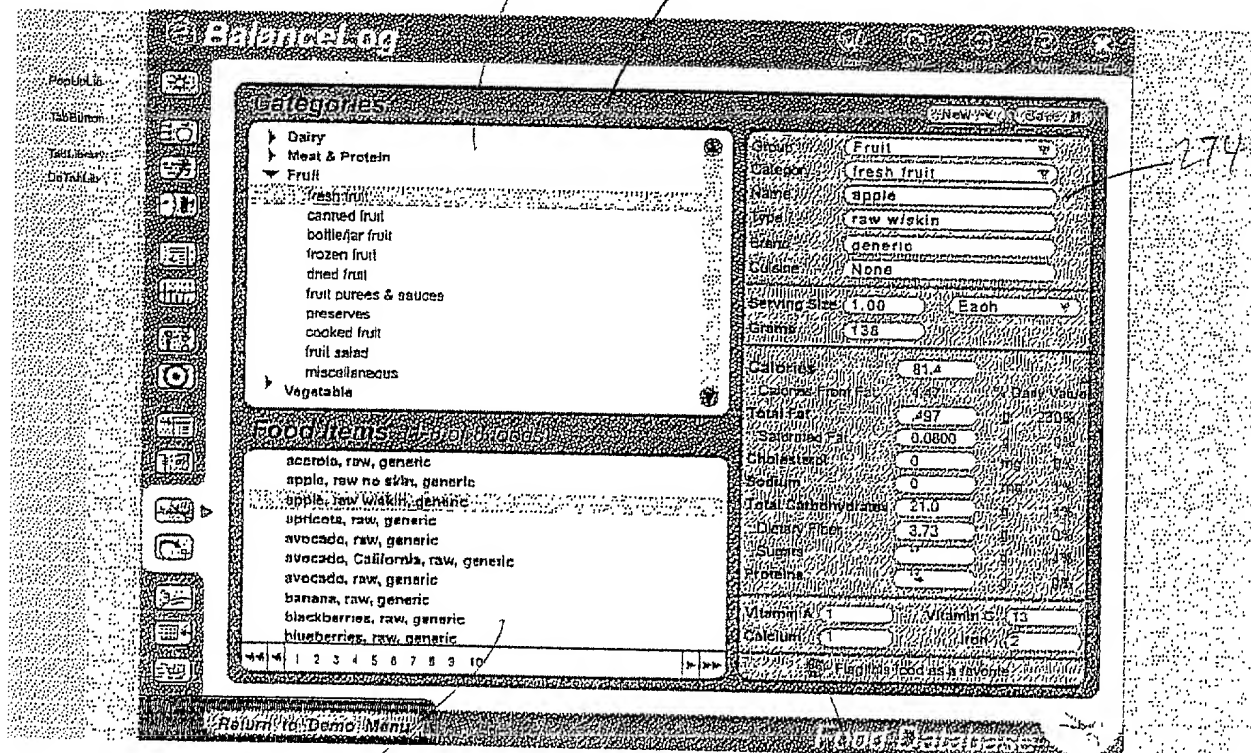
Return to Demo Menu

250

Fig. 20A



264  
Fig 20B



276  
Fig 20C



102207 "29692660"

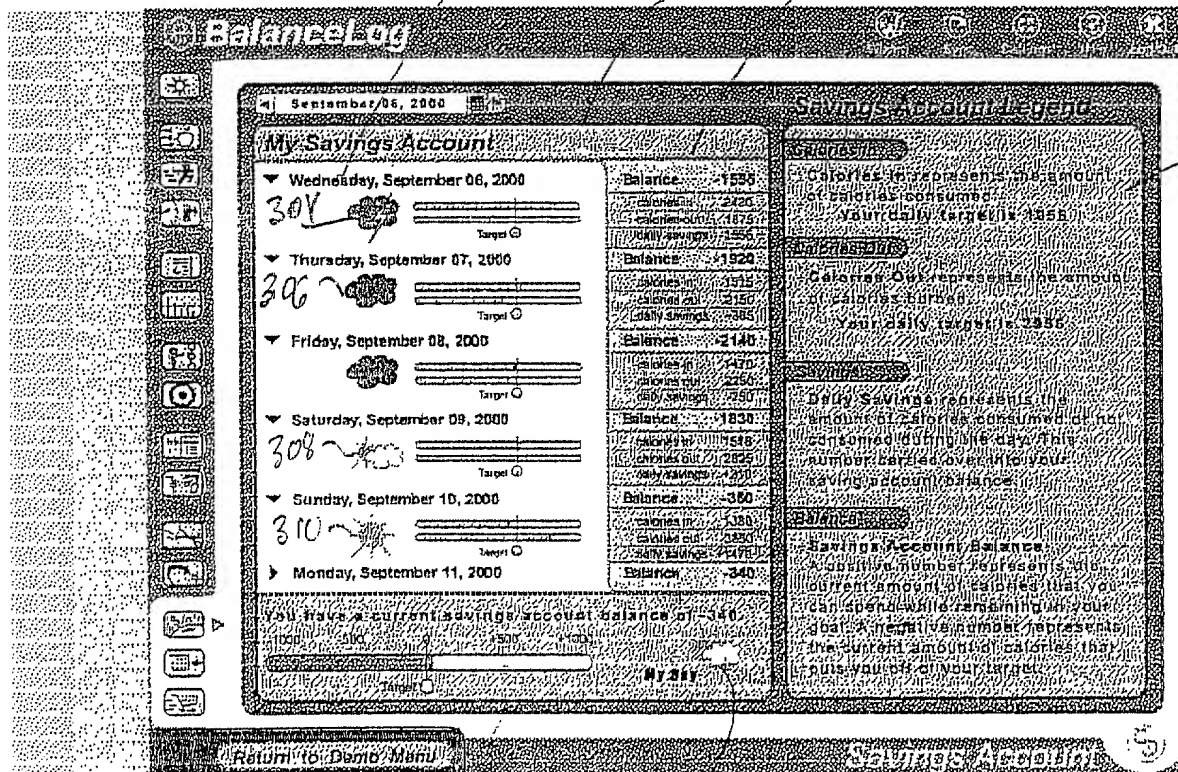
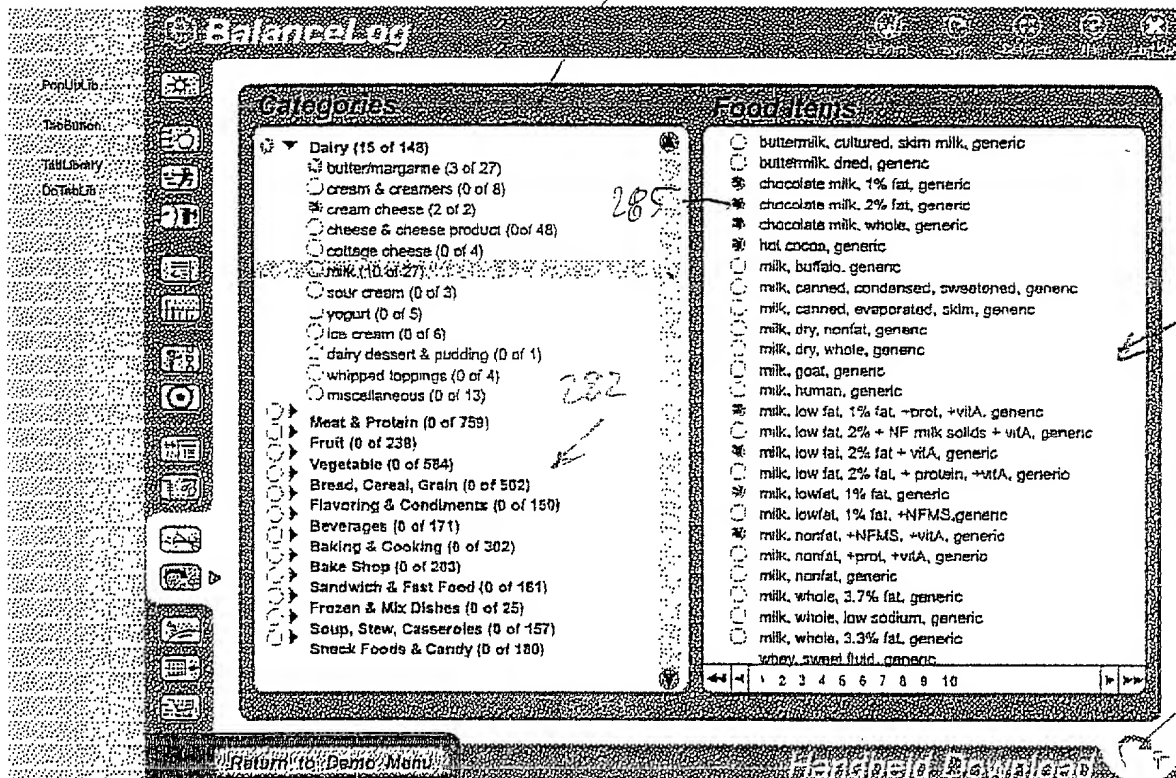


Fig 21A

